



Welcome to Camp Sweyolakan

Come experience and enjoy the outdoors with us. My caring and enthusiastic staff cannot wait to share the beauty and fun of Sweyolakan with you. There will be days filled with swimming, new friends, archery, nature, hiking, boating and all the creativity you can handle.

Whether you are joining us for the long –or short- haul with our resident programs, or you are headed back to your families at night with our day camp, I promise that Sweyolakan has something for you. Come gain new experiences while learning about yourself and the world around you, and most importantly let's have some FUN!

I am so excited to share Camp Sweyolakan with you this summer! See you soon!

Miss Erica

Erica Nolte – Camp Sweyolakan Director



Camp Fire USA
INLAND NORTHWEST COUNCIL

524 N. Mullan Road • Spokane Valley, WA 99206
509 747-6191 X10 • 800 386 2324 X10
sweyolakan@campfireinc.org





Parent Checklist

Most of these forms and guides are available at www.CampFireINC.org

NOW

- Review this guide and your confirmation e-mail for correct session(s)


2 WEEKS BEFORE CAMP

ALL CAMPERs complete:

- Pre-Camp Questionnaire
- Online Health History
- Pay balance due, if any.
Unpaid balances will automatically be charged to your debit/credit card for online registrants.

Return the following if applicable:

- Asthma Management Plan
- Emergency Action Plan
(Obtain from physician)



PLEASE pack a sack lunch and beverage to be eaten at camp on the first day --
PLEASE NO PEANUT BUTTER or Nut Products!
Lunch is provided the rest of the week.

2 WEEKS BEFORE CAMP (con't)

- Behavior Management Plan
(Obtain from school or your own)

1 WEEK BEFORE CAMP

- Review this Camper & Parent Welcome Guide with your child.
- Contact Camp Fire Office *if there are transportation changes since registration*. This helps us create an accurate roster!

THE NIGHT BEFORE CAMP

- Get plenty of rest

FIRST MORNING OF CAMP

- Permission to Walk form, if applicable
(See Page 3 of this Guide for Form)
- Put Transportation Information (page 3) in your car.

Health History

Camper will not be admitted to camp without current Health History information. Health History information is required yearly.

- **NEW PROCEDURE!** The Health History Information link that was sent in your Registration Confirmation email tells you about our partnership with CampDoc which is a new comprehensive online health management system that improves efficiency and maximizes camper safety.
- *If you were able to complete the online Health History in 2012 – please log in and update your information.*
- Please place *all medications* in one Ziploc bag with your camper's name on medication AND the Ziploc bag. Please print and sign your camper's "CampDoc Camper Medication (s) form" and include it in the bag with the medications.

Camp Environment

The terrain of camp is quite rocky and uneven in places where roads or paths have been cut. There are steep and dusty hills that can become difficult to navigate, so we strongly suggest sturdy shoes. **No flip-flops please.**

Camper Daily Checklist

BE SURE TO MARK ALL BELONGINGS WITH FIRST AND LAST NAME – Camper's initials are not enough!

WHAT TO WEAR

- Sturdy shoes every day
- Socks must be worn with shoes
- Shorts (jeans in cool weather)
- Hat
- Jacket/Raincoat (if cool or rainy)
- A BIG Smile!

WHAT TO BRING

- Backpack**
- Swim suit, towel
- Plastic bag for wet swim suit
- Swim card, if you have one (Monday)
- Sunscreen
- Water bottle
- Back Strap Teva® style sandals are okay
- NO FLIP-FLOPS

Meals/Snacks

Lunch and morning/afternoon snacks will be provided daily. One day during the week we will be cooking our lunch over a fire. Be sure to note dietary preferences in Health History information.

PLEASE do not send peanut butter, peanuts or other nut products to camp.

Lost and Found

Kids lose stuff! Be sure to label inside of all items with first and last name – initials are not enough! Items left behind will be held at the Camp Fire office until September 15. After this date, items will be donated to charity.

See Page 7 of this Welcome Guide for an order form for Iron-On Labels. Your order benefits camp.



Transportation Information and Phone Numbers - Coeur d'Alene Route

Keep this information in your car and provide to anyone transporting your camper.

In the event of arrival delays of bus/van of more than 10 minutes, we will be in communication with the camp. A staff person will attempt to contact parents to inform them of the situation and estimated time for the bus/van to arrive.

Bus/Van Campers

Times are approximate. Allow 10 minutes either way. However, we CANNOT wait more than five minutes after the scheduled time. Campers will only be released to authorized adults. Written permission is required to walk home.

You are responsible for your child's safety until loading occurs and immediately following unloading.

Please review the following with your child to help make the ride more enjoyable.

- Stay seated and keep seat belts buckled at all times.
- Keep all body parts inside the vehicle.
- Remove personal items and garbage when leaving.
- Listen to the transportation counselors and follow their directions.

Allow 10 minutes either way for arrival. Routes may change due to camper numbers.

If you miss your child's stop or arrival - Call camp at 208-664-9327

You may pick him/her up at a later stop. See route information. After the last stop, your child will be taken to Super One Foods, Hayden, Idaho. A counselor will stay until you arrive. You will receive an invoice for a \$15/hour childcare fee.

Car Campers at Camp Sweyolakan Landing

Arrive 8:30 am; leave 4:30 pm. Campers will only be released to authorized adults.

Directions to the Camp Sweyolakan Landing:

From the North & I-90, use Exit 12 from I-90. Take Highway 95 South toward Moscow/Plummer. Follow Highway 95 through Coeur d'Alene and across the Spokane River. Continue south approximately 7 miles. Turn left on Kidd Island Bay Road. Take a Right at the "Y" onto Valhalla and follow signs to Sweyolakan Landing. Turn right onto Lutherhaven Road and follow it down the hill. At the bottom of the hill, turn left (there is a Camp Sweyolakan sign), go ½ block and turn right at the Sweyolakan sign. Drive down to the lake.

From the South, take Highway 95 north, turn right onto Kidd Island Bay Road. Take a right at Valhalla and follow signs to Sweyolakan Landing. Turn right onto Lutherhaven Road and follow it down the hill. At the bottom of the hill, turn left (there is a Camp Sweyolakan sign), go ½ block and turn right at the Sweyolakan sign. Drive down to the lake.

The bus/van stops are as follows:

7:15 am	Mark's Marine	14355 Gov't Way, Hayden
7:30 am	Super 1 - HAYDEN	Hwy 95 & Hayden
7:45 am	McDonalds	Hwy 95 & Hanley
8:00 am	FedEx Office	Appleway & Govt. Way
8:15 am	ShopKo	Hwy 95 & Ironwood
8:30 am 4:30 pm	Sweyolakan Landing	Camp Sweyolakan
5:00 pm	ShopKo	Hwy 95 & Ironwood
5:15 pm	FedEx Office	Appleway & Govt. Way
5:30 pm	McDonalds	Hwy 95 & Hanley
5:45 pm	Super 1 - HAYDEN	Hwy 95 & Hayden
5:55 pm	Mark's Marine	14355 Gov't Way, Hayden

Campers under the age of 7 must provide their own booster seat for use on the van.

Coeur d'Alene Route - All Weeks

Camp Sweyolakan Permission to Walk 2012 - Coeur d'Alene Route

Camper _____ Fall Grade _____ Session(s) _____

My child has permission to walk home from the van/bus stop or camp WITHOUT adult supervision. I release Camp Fire USA Inland Northwest Council/Camp Sweyolakan of all legal and/or medical responsibilities toward my child once he or she has left the van/bus.

Parent/Guardian Signature Printed Name Date



Transportation Information and Phone Numbers - Spokane Route (Sessions 4 & 6 Only)

Keep this information in your car and provide to anyone transporting your camper.

In the event of arrival delays of bus/van of more than 10 minutes, we will be in communication with the camp. A staff person will attempt to contact parents to inform them of the situation and estimated time for the bus/van to arrive.

Bus/Van Campers

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You may pick him/her up at a later stop. See route information. After the last stop, your child will be taken to Camp Fire Office, Spokane, WA. A counselor will stay until you arrive. You will receive an invoice for a \$15/hour childcare fee.

The bus/van stops are as follows:

7:05 am	Spokane Community College (SCC)	Near Clock Tower off Greene St
7:35 am	Hobby Lobby Parking Lot	13902 E Indiana
7:50 am	Bicycle Trailhead Parking Lot	Exit 299 - South side of Freeway
8:30 am 4:30 pm	Sweyolakan Landing	Camp Sweyolakan
5:10 pm	Bicycle Trailhead Parking Lot	Exit 299 - South side of Freeway
5:30 pm	Hobby Lobby Parking Lot	13902 E Indiana
5:55 pm	Spokane Community College (SCC)	Near Clock Tower off Greene St

Campers under the age of 7 must provide their own booster seat for use on the van.

Spokane Route - Sessions 4 & 6 Only

Camp Sweyolakan Permission to Walk 2012 - Spokane Route Only

Camper _____ Fall Grade _____ Session (Circle all that apply) OB4 OB6

My child has permission to walk home from the van/bus stop or camp WITHOUT adult supervision. I release Camp Fire USA Inland Northwest Council/Camp Sweyolakan of all legal and/or medical responsibilities toward my child once he or she has left the van/bus.

Parent/Guardian Signature _____

Printed Name _____

Date _____



Hints for a Happy Camp Experience:

Camp strives to provide a happy experience for each camper. There are a few things you can do prior to your child's experience to help ensure it is a rewarding, fun time.

Part of the challenge of each child's experience is learning to function in a new setting with new people. Many campers are not used to community living and the lack of privacy. Discuss with your camper about dressing or changing in a space where other campers are present and maintaining modesty. They are rewarded by finding that they can be successful in adjusting to unfamiliar group settings and making new friends. Counselors encourage the growth of these skills with caring attitudes and helping campers work through the period of adjustment.

Protection From the Sun

Children are outside all day and are exposed to the sun. Staff monitor program tempo and remind campers to apply sunscreen and drink water. We need you to teach your child how and when to apply his/her own sunscreen. If you feel your child needs help, please send a note. Pack a water bottle and reinforce the importance of drinking water.

Health and Wellness

Physical exams are recommended every two years, but are not required. Please feel free to contact us with any concerns you may have so we can help make your child's camp experience a positive one.

Pre-Camp Questionnaire	Medications
<p>The Pre-Camp Questionnaire gives the camper and parents an opportunity to tell us what they would like to get out of their camp experience.</p> <p>This form is the perfect place to tell us if your camper is uncomfortable about thunder storms, loud noises, hates to brush their teeth, is afraid of spiders, or loves the water but sinks like a rock.</p> <p>You have had the opportunity to know your camper for several years – we get them for a short while. Anything that you tell us to help make this a great experience for your camper creates a win-win situation for all of us.</p>	<p>GIVE TO TRANSPORTATION STAFF DAILY</p> <p>All campers will be screened on the first day. At that time, the Healthcare Staff collects all medications for storage and dispensing at the Health Cottage. Exceptions may include inhalers, bee sting kits and creams/ointments at the discretion of the Healthcare Staff.</p> <p>We will only accept physician-prescribed and/or over-the-counter medications, to be dispensed at camp in their original containers with the child's name on them. Please place medications in a Ziploc® labeled with camper's name.</p>
Illness	Camper Emergencies/Concerns
<p>To maintain a healthy camp please keep your child home for the following reasons:</p> <ul style="list-style-type: none"> • Temperature of 100 degrees or more in the last 24 hours • Vomiting/diarrhea during the night or morning • Impetigo, scabies or ringworm • Chickenpox (until lesions have crusted) • Severe sore or red throat or white patches on tonsils • Untreated lice (camper will be sent home for treatment) <p>Call camp to let them know they will not be attending or to arrange for late arrival.</p> <p>If your child becomes ill (fever, nausea) you will be called. If your child is too ill to remain at camp, you will be asked to come and get him/her.</p>	<ul style="list-style-type: none"> • If your child is injured or develops a significant illness while at camp requiring special care from the Healthcare Staff or additional medical care outside of camp, you will be contacted. • Parents may call camp for emergency purposes at (208) 664-9327, (best time to contact camp is between 9 am – 12:15 pm & 1:30 – 5 pm daily); or the Camp Fire office at (509) 747-6191 or (800) 386-2324. If no one answers, please leave a detailed message. • Limited medical and accident insurance is included in the camp fee for injuries or illnesses contracted only while at camp. • If a child leaves camp due to illness or injury, the camp fee <i>may</i> be prorated.

Cell Phones:

We know that cell phones are very popular these days. However, they are *not* permitted at camp. Camp is a time to discover adventure and independence, and to make new friends. **The policy is: Leave cell phones at home.** Cell phones **will** be confiscated and held until the end of the day.



Behavior Expectations

Camp Fire USA Inland Northwest Council/Camp Sweyolakan provides programs that develop personal life skills, social responsibility, health, and leadership while responding to the needs of youth in a changing society.

Camp Fire USA / Camp Sweyolakan expect that all campers will:

- Comply with the DO NOT BRING list
- Follow the safety rules of camp.
- Take only appropriate photos and videos at camp and refrain from posting on the internet or using them in any potentially public or objectionable manner.
- Cooperate with other campers and staff.
- Respect the rights and properties of others.
- Listen and follow instructions.
- Participate in activities.

Children are entitled to a pleasant and harmonious environment at camp. The program cannot serve children who display chronically or severe disruptive behavior. This behavior is defined as verbal or physical activity which may include but is not limited to behavior that:

- Requires constant attention from staff.
- Inflicts physical or emotional harm on children or staff (including hazing, harassing or bullying).
- Displays destructive behavior.
- Continually ignores or disobeys camp safety rules.
- Includes use or possession of illegal drugs, alcohol, tobacco, weapons, or explosives, including threats or claims to have weapons.

If a child becomes a serious discipline problem, the camp director will notify the parents of the situation and discuss a solution. If improvement does not occur or a solution cannot be determined, the child may be dismissed from the program. **No refund will be issued.**

DO NOT BRING:

- * Cell phones, pagers or camcorders
 - * Pets
 - * Sheath or illegal knives or other weapons
 - * Matches, lighters or explosives (includes fireworks)
 - * Alcohol, illegal drugs, tobacco products
- Items are subject to confiscation or cause for camper's dismissal from camp.**

Not Recommended:

- * Personal radios, Mp3 or CD players
- * Personal sports equipment
- * Stereos
- * New clothes
- * Valuables
- * Hand-held video games

Food, candy or gum create an environment for unwanted animal visitors and may result in damage to camper's belongings.

Camp Community

All campers will take turns doing different kapers (chores) during their stay at camp. Explain to your camper that doing kapers is a big part of group living and teaches responsibility and independence. Kapers will be tasks such as cleaning the cabin and unit area, keeping the bathrooms tidy, organizing their personal belongings and "hopping" (setting and clearing the table) in the Dining Hall.

American Camp Association

This mark of distinction has been earned by 25% of the camps in the United States. Accreditation ensures that Camp Sweyolakan has demonstrated compliance with up to 300 nationally recognized standards of health, safety, and program quality and is committed to the highest standards established by the camp industry.



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509 747-6191 X10 • 800 386 2324 X10
sweyolakan@campfireinc.org
Camp Sweyolakan: 208-664-9327





Camp Sweyolakan Outfitting Company

The Camp Store offers a variety of items including camp shirts and other memorabilia. Items range in price from \$.75 to \$50.00. Camper money is collected and safely stored while in camp. You may send cash or a check to camp, or add funds in advance to your camper's account during the registration process.

Also offered are: toothbrushes, toothpaste, disposable cameras, batteries, postcards, stationery, stamps, soda, candy, and juice. Camp Sweyolakan will offer pop, candy and healthy snacks for sale to campers. These snacks are *in addition* to regular snacks provided at camp and are limited to one candy and one pop per day.

We recommend that you allow \$20-30 for shopping in the camp store. Store refunds under \$2.00 will go into the Royal Flush bathroom fund. We encourage you to discuss this policy with your camper and we encourage them to spend their money in the store.

Beads and Awards

Camp Fire members who are in at least 3rd grade earn numerous beads. **It is the responsibility of the camper to let their counselor know that they are a Camp Fire USA member.** This would be a great item to include on the Pre-Camp Questionnaire! You may purchase earned beads and awards at the Camp Fire office. Camp is not responsible for lost awards, emblems or bead sheets.

Spicy Options

These programs are offered for an extra fee. If not already registered for a Spicy Option, check for available space. There still may be room.

Overnighter * \$18 if pre-registered	All Sessions	All Grades	\$20*
Wood Project	All Sessions	All Grades	\$15
Create a Critter	All Sessions	All Grades	\$25
Land of Plants	August 7	Grades 3-6	FREE
Leather Tooling	All Sessions	All Grades	\$15

Camp Activities

Activities may include ...

- Archery
- Arts & Crafts
- Cooking
- Archery
- Hiking
- Boating/Canoeing/Funyaking

...and much, much more!

Overnight Checklist

If your child is registered for the overnighter, they are typically Wednesday. If there are any changes, we will let you know on Tuesday. Please see that your camper brings the items below for the overnight. Campers will have to carry their belongings uphill, so please help them pack lightly. Be sure their items are labeled with first and last name – including sleeping bags, pillows, stuffed animals and the overnight bag.

What to Bring

- | | |
|--|---|
| <input type="checkbox"/> WARM Sleeping bag – NOT slumber bags | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Brush and comb |
| <input type="checkbox"/> Favorite stuffed animal (optional) | <input type="checkbox"/> Unbreakable drinking cup |
| <input type="checkbox"/> Warm pajamas or sweatshirt and sweatpants | <input type="checkbox"/> Flashlight and batteries |
| <input type="checkbox"/> White shirt and blue shorts/pants for dinner | <input type="checkbox"/> Bug repellent (if desired) |
| <input type="checkbox"/> Change of clothes (underwear, socks, shirt, shorts) | <input type="checkbox"/> Any medications in original container with dosage instructions |
| <input type="checkbox"/> Long pants and a jacket/heavy sweater | |
| <input type="checkbox"/> Towel, washcloth, soap | |

If camper did not register for the overnight, but would like to stay, check with the counselors to see if there is still space available.

Camp Communication

The phone is for business use only. Campers do not have access. If you have an emergency and need to reach your child, please call the Camp Director at 208-664-9327. If you are concerned about your child, or simply need reassurance, please feel free to contact us. We are happy to talk with you.

Visitors:

Visitors are strongly discouraged while camp is in session. **Parents are encouraged to visit camp during the Open House on June 23rd.** Check out this exciting opportunity online and RSVP before the event by clicking the date on the event calendar on our webpage.



Iron On Name Labels For Children's Camp Clothes



Personalized Iron-On Name Labels - Durable & Wash Proof
An Easy Solution to the Chronic Lost & Found Camp Problem!

Visit us at www.ProntoLabels.com

ORDER FORM

- 25 Labels: \$5.99
- 50 Labels: \$9.99
- 100 Labels: \$12.99

Print Clearly Your Label:
No more than 17 spaces per line

Line 1: _____

Line 2: _____

Your Mailing Address:

Name: _____

Address: _____

City, State, Zip: _____

Referred by Camp: **Camp Sweyolakan**

Address: **524 N Mullan Road**

City, State, Zip: **Spokane Valley, WA 99206**

Include e-mail address for info. on order status & handwriting questions
EMAIL: _____

Prices subject to change without notice.

CHOOSE STYLE

Kathy Foundit

Mike Lost Nomore
(864) 616-1373

Jane Safe Clothes

All Capital Letters

Make check payable to:

Pronto Labels

(\$1.50 shipping and handling per set)
302 Rock Creek Drive
Greenville, SC 29605
Questions? Call: 1-800-514-3037
(no phone orders)

Normal delivery 14 days.
For quicker delivery choose:
*Priority Status (4-5 days), \$8.00**
*Express Status (2-3 days), \$19.00**
if ordering more than one set, add \$1.50 for each additional